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EDITED BY DR. ANDREW WILSON, F.R.S.E. &C.

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[The above letter, dated Sept., 1886, is from a medical gentleman in extensive practice in a large city in the North of Ireland.]

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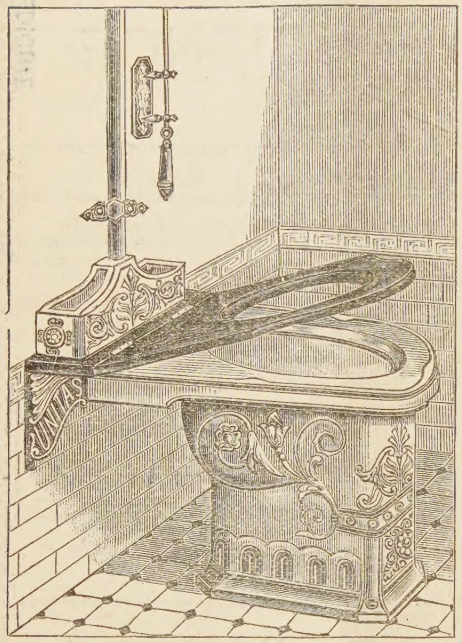

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# ◆ HEALTH ◆

EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

LONDON: *FRIDAY, DECEMBER* 2, 1887.


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## Notes by the Way

BY THE EDITOR.

**"Health is the foundation of all our physical happiness."—*Herder.***

"SAVE the children," is a cry which is incessantly heard on the lips of the sanitary reformer. I observe that Dr. Charles A. Leale lately read a paper on the prevention of chronic disease among the children of New York City. The facts which formed the basis of this paper was obtained by Dr. Leale and his associate physicians, from their gratuitous visits to the tenement houses of this city during the summer of 1886. Their work extended over a period of six weeks, during which time they visited 3,659 families, representing 7,146 adults and 10,086 children. Of these, 217 adults and 3,376 children were found sick; measles, diphtheria, scarlet-fever, scrofula, and syphilis being the prevailing diseases. In nearly every instance the sick children were not only without proper medical attendance, but were living in places rendering complete recovery to the majority almost impossible.

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To give the sick children the benefit of fresh air, 6,312 free tickets were distributed for the excursions of the St. John's Guild Floating Hospital, where they and their parents were given a sufficient quantity of good foods. Twenty-four very sick children were sent to a hospital on Staten Island, where they remained for a week or two. In the final report of one of these physicians, he gave it as his opinion that the great death-rate among children under five years of age was attributable to overcrowding, filth, filthy habits, and bad drainage. He says, "Upon a hot summer's day to enter a room in a rear house, whose walls were cracked and besmeared with refuse, and perhaps dead vermin, occupied by a family of six or eight, harbouring three or four boarders, upon the floor of which might be seen soiled linen, particles of food, and children, with a mother standing about the red-hot stove, washing and cooking, and perhaps attending to a sick child, lying in a dark bedroom, suffering from cholera-infantum, diphtheria, or scarlet or typhoid fever, was a spectacle frequently indeed brought to my attention." Another physician observed a great number of cases of diseases of the eye and ear, especially among those subjected to bad hygienic conditions. What is true of New York holds good of our own great centres of population. If the generations of the future are to be made healthy, it is clear the children of to-day must be guarded from the possible physical and moral dangers which beset their lives in the slums.

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A REMARKABLE case of longevity was lately reported in the *Lancet* by Dr. Ledgard, of Kirkby Lonsdale. "The death is announced," says Dr. Ledgard, "of Miss Charlotte Pigot, aunt of the present rector of Whittington, Kirkby Lonsdale, at the Rectory, on Sunday, Oct. 9th. She was born at Alington, in Shropshire, on July 9th, 1785, where her father, Thomas Pigot, Esq., resided, her grandfather being Charles Peplow Pigot, Esq., of Peplow, in the same county. Fourteen years ago, being then eighty-eight years of age, deceased came to the Rectory, as she said, 'to die'; but a remarkably vigorous constitution repelled death's attacks, and she lived to this ripe old age in unburdensome cheerfulness. Some years ago deceased lost her eyesight, but every other faculty she possessed up to the very last in a marked degree. The most remarkable feature of this wonderful lady is that she was never confined to her bed for a single day until the last few months of her life, and it was only through the loss of the use of her legs that she ultimately took to bed.

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prime of life, eating hard-boiled eggs (ten minutes), pork pie, and Welsh rarebit with the greatest relish, and feeling no evil effects whatever. Her memory, too, was wonderful. On her hundredth birthday she conversed with great avidity upon events that took place in 1795, the particulars of which were present in her mind. She had a room to herself at the Rectory, but always joined the family at meals downstairs. Breakfast was served at 8.30, to which the deceased never failed to put in an appearance; and after the evening meal she would spend the evening with the family until 10.30 in cheerful conversation. Her nephew on her hundredth birthday drove her into the town of Kirkby Lonsdale, which she seemed very proud of. There must be something in the locality of the district which tends to prolong life, for at Heysham, near here, a lady at present survives who is in her hundred and third year."

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A CONTEMPORARY, referring to the possibility of persons being chloroformed while asleep, says that, in confirmation of the statement that under favourable circumstances this could be accomplished, we quote a case which occurred in the New Orleans Charity Hospital. A child six years of age was suffering from pleurisy, and it became necessary to draw off the fluid effusion which had accumulated in his chest. He was very much afraid of the operation, and it was determined to attempt it while he was asleep. On the following day, while sound asleep, chloroform was administered without awaking the child, and twenty-four ounces of fluid were withdrawn. The child continued to sleep throughout the night, and when it awoke the following morning, knew nothing of the operation. I should have imagined that the fact of chloroform having been administered during sleep was a sufficiently well-known medical fact. Illustrative cases are common in manuals of medical jurisprudence, and in records of surgical practice.

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THE question, "Is cancer contagious?" has been raised by Dr. James Adam, of London. In a letter addressed to a medical contemporary, he says, "I daresay it has fallen to the lot of others, more than it has to my own, to observe with regard to this disease equally remarkable 'coincidences.' And I venture to say that if to such experiences as M. Duplouy's publicity were given, they might prove a means of elucidating valuable facts with regard to this insidious disease. A case of this kind came to my knowledge some time ago, the particulars of which, I think, are worth relating briefly.

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"A MEMBER of the medical profession married a lady who was subsequently found to labour under mammary and internal cancer, from which she soon died; not long afterwards the gentleman himself, who had previously been healthy, developed symptoms of cancer, which disease subsequently became localized in the stomach and liver. Before his death he again married, and a year or so later the second wife was under the necessity of having both breasts removed for cancer, in successive operations, and she sank after the second operation." In the case of this important question it is obvious that much further knowledge and observation are required before even the outlines of the subject may be said to have been made clear.

# Original Essays

"Life is not to live, but to be well."—*Martial.*

## NERVE-REST.

By DR. ANDREW WILSON.

UNDER the title of "The Nerve-Rest Cure," an article (published in the *Nineteenth Century* for November), by Dr. James M. Howie, has been attracting considerable attention both in professional and in lay circles. The topic is in itself, not merely interesting, but important, in the sense that it touches upon and affects, in no slight degree, the welfare of our social life.

It is undeniable, in the first place, that the many sources of nervous irritation with which modern civilized life teems are equally causes of discomfort and disease. No one can think, for instance, of "noise" in its ordinary sense without endorsing this belief. The perpetual din of the vehicles in the streets, the barking of dogs, and crowing of cocks disturbing our early morning rest, the rattle of railway trains, and the thousand and one additional sources of "noise," in its common phases, are all so many irritative points in common life. I do not mean to imply that all must feel the effects of noise equally, or that actual disease can be traced to the din and roar of the ceaseless traffic of the streets. I contend, however, that in time, "noise," as representing harsh and violent vibrations conveyed to our nervous centres, has effects upon our health of the full extent of which we do not dream.

Every sound, by means of air-propagated waves, reaches the ear, and, after modification by the various parts of the intricate organ of hearing, is finally transformed, in the brain, into that of consciousness. A musical sound pleases and soothes us, while a noise irritates us; but, curiously enough, the difference between a noise and a musical sound really consists in the regularity of the vibrations in the former case, as compared with their irregularity in that of the latter. Now, that these irregular vibrations, as I have said, irritate the brain, cannot be denied. They produce a feeling of annoyance, which, however expressed, leaves its mark on the nervous system, and through that part of our organization, affects the health of the body at large. If so much be true of ordinary noise, we have additionally to contemplate the effect of long-continued nerve-irritation. This shows itself, in time, in the nervous exhaustion, irritability, and general *malaise* which are common enough ailments amongst us. In short, if one reverses the order of things, and could conceive a world in which noise, as such, was abolished, and wherein the harshness, sharpness, and frequency of common sounds, from the rattle of cabs to the shriek of a railway whistle, were toned down or altogether suppressed, there can remain no doubt that life, in this age of overstrain, would be prolonged and rendered infinitely more enjoyable, by reason of the absence of powerful and incessant causes of nerve-irritation.

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Dr. Howie's considerations deal rather with the results of nerve-irritation than with its causes. He argues for means, not generally recognized, of alleviating and counteracting the effects of nervous misery. In this light, his article is well worth a careful perusal. He is justly hard upon those "practical" persons, so-called, who scout the idea of nervousness, and relegate nervous people to the special domain reserved for the fools of our day and generation. He argues, and rightly too, that excessive "nervousness" in one generation descends, as do most other things in the way of disease, to future generations with redoubled force and intensity. The robust person derides his "nervous" neighbour. "You could throw it off, if you would but try," is an expression commonly used in speaking to nervous persons. True, many are hysterical, and the above advice is good and sound in its way. But many are nervous and really ill without being hysterical, and it is the really suffering patient on whom falls, with terrible force, the lack of sympathy and treatment which is the safest fashion of curing the merely hysterical subject.

On this social phase of the question Dr. Howie makes certain appropriate remarks. Two hard-working students lived in the same house, and were "both vigorous in the use of knife and fork as well as of book. In the course of time, one of them began to complain of dyspeptic symptoms, the result of full diet with scant exercise. His companion laughed him to scorn as he avoided one and another of his favourite dishes. He insisted, with 'Robert the waiter,' 'that a gentleman should no more think of consulting his stomach than he would his portmanteau as to what he should put into it.' The sufferer, on the other hand, took the view of the French writer who defines dyspepsia as the 'ingratitude of the stomach,' and he determined to bring that ungrateful organ to its senses by systematic starvation. This physiological feud had not continued long before the scorner himself began to experience disagreeable sensations, which bore a striking resemblance to those of his fellow-student. For months he endured in silence the tortures of an invisible enemy 'gnawing at his heart.' Food gave him temporary relief; indeed, he was hardly ever comfortable except when eating, so that his appetite seemed to increase as that of his friend diminished, and his ailment consequently remained unsuspected. When at length he could bear it no longer he confessed his sufferings to his companion, and together they went to consult a physician. In a similar manner," concludes our author, "I have seen not a few who have been sceptical of nervous suffering brought by severe personal experience to confess their error and apologise for their previous harshness of judgment."

There is much good sense in these remarks, and in subsequent passages there is contained a valuable lesson for the public mind—"That society at large is sceptical on this subject ought scarcely to surprise us when we remember that, until a very recent date, the medical profession maintained the same attitude. Even at the present day nervous subjects are generally regarded by 'doctors' as most unsatisfactory patients. No sooner do they find such an one than they order him off to the mountains, or over the seas, anywhere to get rid of the trouble of treating him. If your liver is deranged, you have your choice of a score of remedies, from blue pill to dandelion. You will be advised to increase your exercise and diminish your diet. Every friend you meet will tell you of something that is 'good for the liver.' He used to suffer just like you, but since he began to eat a raw carrot before breakfast, or to drink a tumbler of hot water at bedtime, he has been a different man. If, on the other hand, it is your nerves that are at fault, your wisest course is to keep silence; for if you should, yielding to a desire for sympathy, reveal your affliction to a friend, he will probably smile upon you in the manner of a superior, and inform you 'what a foolish thing it is to let your nerves get the better of you.' There is more exquisite torture inflicted by the ignorant advice given to nerve victims than a healthy man can well conceive. They are told in such an offhand manner 'to keep down their nerves,' that one would imagine their advisers knew of a 'nerve cropper' in the next street, who could step in and prune the nerves as a barber trims the beard."

It is perfectly clear that "nervousness"—using a wide but descriptive enough term—is a condition which demands the full consideration of every intelligent person, both as a possibly personal matter, and as one wherein the welfare of others may be intimately concerned. That a condition of the nervous system not only exists, but also is only too common amongst us in this go-ahead age, wherein the sufferer or subject is liable to incur serious bodily disturbance and ill-health as the result of the continuance of his symptoms, is thus an unquestionable fact. It is as much the province of medicine to prevent as to cure disease, and the value of Dr. Howie's paper will consist, I fancy, as much in its tendency to direct attention to the existence of nervous-irritation in common life as to its cure.

He is careful to point out that in certain cases nervous depression or irritation may, from its nature, be susceptible of a ready, if also a rough cure. Many men and women, it is true, are driven into ill-health, or even insanity, through lack of sympathy. "Nervous irritability," says our author, "might aptly be described as insanity of the nerves, and it is certainly quite as deserving of recognition and treatment as insanity of the brain. He whose brain is insane is generally oblivious of the opinion of his fellows, whereas he of insane nerves is usually acutely conscious of want of sympathy on the part of his friends. A harsh word or an unfriendly glance will worry him as much as a heavy loss. Indeed, many such sufferers are driven to drunkenness through dread of the petty annoyances of daily life."

(*To be concluded.*)

**Docteur Pierre's**

*(Member of the Faculty of Medicine, Paris)*

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## MORE ABOUT LEPROSY.

SINCE the article on leprosy appearing in HEALTH for November 18th was published, the *British Medical Journal*, in a paper on the subject of the contagiousness of the disease, has given a series of details of highly instructive nature. The question, "Is Leprosy Contagious?" as was formerly shown in HEALTH, is susceptible of a modified reply. The illustrations given in our medical contemporary form in themselves very powerful arguments for the opinion that under certain circumstances the disease may be communicated from those who are sick to those who are sound.

The cases enumerated are striking enough. There are instances quoted wherein leprosy has been communicated from husband to wife, and *vice versâ*. In Dr. Monro's work on the *Etiology and History of Leprosy*, a case is given wherein Mr. Macnamara states the course of infection as proceeding (1) from a woman (the original patient) to (2) in five years, her daughter who lived with her; (3) her husband in four years more; (4) her husband's brother's wife, living in the same house but not being a blood-relation, and (5) in two years thereafter, the husband's brother.

More striking still is the following instance of the communication of leprosy by close association:—"In 1872, Dr. Hawtrey Benson (*Dublin Journ. Med. Sc.*, June, 1887) showed to the Dublin Medical Society an Irish leper who had contracted the disease in the Indies, where he had lived twenty-two years. For a year and a half this man's brother, who had only left Ireland for a visit to England forty-six years before, slept in the same bed and wore his clothing. He became a leper, and was presented to the same Medical Society. There was no leper in the family, and there had been no leprosy in the British Isles for several centuries."

In another instance, "an inhabitant of Sagra established himself at Parcent about 1850. Leprosy was quite unknown there, and the Indian who had the first symptoms of it did not know the gravity of his illness. He went to live with a friend, and a little while after two cases of leprosy were reported. The friends of the first victims were the only ones attacked.

More extraordinary and more convincing, by reason of the succession of cases, is the "epidemic" of the disease reported by Mr. Fletcher, and published in the *Canadian Journal of Medical Sciences* for September, 1881. Therein the family history of one Betty McCarthy is fully related. This woman, married in 1836, was seized in 1852, and died of leprosy in 1864. As regards her children, (1) Richard died of the same disease after 20 years' illness; (2) John died of leprosy after being afflicted for 12 years; (3) Mike succumbed in ten years to the same ailment; (4) William died when he was 21 of leprosy; and (5) Mary also died after being 20 years afflicted with the disease.

The collateral history of the McCarthy family is equally interesting. Mary McCarthy (5) married one John Doyle, and he died of leprosy after an illness of 6 years. Two daughters of this couple died of leprosy. A man, John Brown, who nursed William McCarthy (4) in his illness, and who washed and buried him, succumbed to leprosy and died of the ailment. One James Cameron, who married a Suzanna McCarthy, and who occasionally occupied the same bed with Mike McCarthy, developed leprosy in 1870 and is still ailing. The two children of James Cameron and Suzanna McCarthy are said to be healthy.

Here, it is evident, the disease appeared in individuals who were not blood relations, but who were closely associated with the patients. In another series of examples given in the article from which we quote, it is said that "Formely, Dr. White relates, there were lepers in Louisiana. A hospital was founded for them, after which the disease almost completely disappeared. No trace of it was found up to 1866, at which time it appeared in a woman, Madame Ourblanc, whose father originally came from the South of France. She died in 1870, leaving six children. Leprosy appeared in the second son in 1871, in the eldest and fourth sons in 1872. The eldest daughter died of an acute disease, the second became a leper. All of them lived in their mother's house. In 1875 a nephew of the woman, living eight miles away, became leprous. In 1873 leprosy appeared in a young woman, not related to the family, but who had nursed Madame Ourblanc in the last period of her illness. Finally it was developed in a young man who lived some miles from the residence of the Ourblancs, but who had often slept with the fourth son of the family in 1875. Other cases of leprosy afterwards developed in the vicinity. The rapid spread of leprosy in the Sandwich Islands cannot be explained in any other way than by contagion. The propagation of the disease has been far too rapid to be accounted for by heredity, and this small population, amongst whom not many years ago leprosy did not exist, supplies some 700 or 800 inmates to the asylum which has recently become widely known by the devoted priest, M. Damien, having fallen a victim to the malady."

If we sum up the evidence which is thus supplied fairly and impartially, we are forced to admit three sets of circumstances under which leprosy can be apparently communicated from one individual to another. In the first place that it is *hereditary* admits of no question. The disease appears in the descendants of a leprous stock through the inevitable operation of the law that "like begets like." Secondly, that it is capable of being transmitted through vaccination, and through direct inoculation of the blood of a sound person with leprous material, is also a plain fact. The evidence given in our former article (HEALTH, No. 241) amply proves this contention. Here, an abuse of vaccination, the inoculation with lymph from a diseased source, perpetuates the malady. There is no argument of anti-vaccination kind included in this statement. Proper and careful vaccination has never been proved to convey disease.

The third and last condition under which leprosy may become communicated is that of close association of healthy with leprous individuals—illustrated typically in the ordinary domestic relations of husband and wife, for example. The cases above quoted amply justify this opinion. If these facts be admitted, it is evident the demand for the adequate care and supervision of lepers becomes of very reasonable character. There may be no need to indulge in alarmist ideas. As far as the facts go, we do not for certain know that leprosy is really spreading. We may know of additional cases, but there is no need to fear any epidemic of the disease, which is, in truth, happily not a rapidly or easily-spread ailment in any sense. The words of our medical contemporary may be quoted by way of close to this article, since they embody all that need be said on the subject at present:—"The whole question is one of such world-wide importance that its discussion can hardly be limited to professional journals, and we are not surprised that reviews and newspapers have recently taken it up. Cases like those referred to above are not likely to escape the notice of the non-professional writers who treat of the subject, and their publication in periodic literature accessible to and

read by great numbers of people, can hardly fail, we think, to spread a belief in the contagious nature of the disease. With the spread of this belief there is certain in time to be associated a widespread demand for the strict seclusion of the unhappy persons affected with leprosy. The instinct of self-preservation is too strong in all communities to allow vital matters of this kind to be settled on the purely abstract principles applicable to personal freedom; and if even a small minority in the profession are believers in the theory of contagion, the fears and even prejudices of the general public are not unlikely in time to translate their belief into active measures of protection."

# Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

## HINTS REGARDING DISEASES OF THE STOMACH.

In an admirable paper published some time ago Dr. Da Costa arranged the diseases of the stomach as organic and functional, and assigned the following as the causes of functional indigestion, functional indigestion being, of course, that in which the stomach does not work properly, though not structurally diseased:—

1. Eating too rapidly.
2. Drinking too much water at meal-times.
3. Improper food.
4. Want of exercise.
5. Too much tea and coffee.
6. Too much tobacco.

[7. Taking exercise too soon after meals—"After dinner, sit awhile."]

To treat dyspepsia in any form requires as much skill as anything in medicine, and Dr. Da Costa outlines some points in treatment. He recommends acid and saccharated pepsin, and probably pepsin tabloids, which contain both, would be the most efficient and convenient of anything. Bitters like calumba are recommended, and also nux vomica. Of all the agents given in dyspepsia, nothing equals this last-named drug. In nervous dyspepsia and that form due to debility, Bishop's Granular Effervescent Extract of Nux Vomica is unequalled. Where there is much acidity of the stomach, the soda-mint tabloids are good, especially if there is flatulence. Where the soda only aggravates the trouble, recourse should be had to the potash bicarbonate tabloids, which will often cure.

In ordinary gastralgia (neuralgia of the stomach), nux vomica will prove invaluable. Fowler's Solution of Arsenic is always spoken well of, in drop doses.

In chronic gastric catarrh, Delafield considers the treatment under four heads:—

1. Climate and mode of life.
2. Diet.
3. Drugs.
4. Use of local applications to inflamed mucous membrane.

We shall simply refer to diet and drugs. Starches, oatmeal, cornmeal, bread, cereals, &c., are bad. Milk is an uncertain food, though if peptonized it will usually agree. Meat, vegetables (not all), and fruit may be taken. Kepler Malt Extract, diluted as a beverage, is excellent food.

Bismuth Subnitrate Tabloids, Charcoal Peptonic Tablets, aperients when necessary, and regularity in modes of living are indispensable.

## THE "EARTH-TREATMENT" OF CHOKE-DAMP POISONING IN MINES.

By the Editor.

The following correspondence recently appeared in the *Scotsman*. As the topic is one of great interest to ambulance students, I reproduce it in the pages of Health, in the hope that it may elicit some further expression of opinion regarding the nature of the miner's treatment.

The first letter to the editor of the *Scotsman* was as follows:—

"Will you permit me to inquire, through the medium of your columns, if any adequate explanation can be afforded of the following circumstances:—It is a common procedure after a colliery explosion for the sufferers to be laid flat, each with his mouth just over the edge of a newly-dug hole in the earth. At the time of the Udston colliery explosion, your own columns contained an account of this practice. The sufferers in this case are those who have been affected with choke-damp poisoning, and I believe the idea animating the treatment is that of the earth 'sucking out' (to use the common phrase) the deleterious gases from the lungs. My reason for troubling you in the matter is to elicit some definite opinion regarding the real or supposed effects of this treatment. Dr. Smith, of West Calder, wrote to me as an ambulance teacher, by way of inquiry regarding the 'earth treatment' of choke-damp poisoning. I was, and still am, unable to reply to his query, save on the supposition that the public, knowing something of earth as a deodorant and disinfectant, may rely on this idea in the miners' treatment of choke-damp. A medical friend points out that to place a man, suffering from choke-damp poisoning, over a hole with his head low, would be a procedure favouring brain-congestion; and this latter condition, it need hardly be added, is one to be avoided, seeing that the effect of choke-damp is to induce insensibility through congestion of lungs and brain. This latter idea, therefore, renders it the more desirable that the 'earth treatment' of choke-damp should be fully threshed out, as a subject all-important to ambulance teachers and to the mining public at large. If it is erroneous in principle, the sooner it is abolished the better. Will those of your medical readers who have any suggestions to make regarding the treatment, kindly let us have the benefit of their instruction?"

To this letter an anonymous correspondent, "Toxicologist," replied as follows:—

"From the letter in to-day's *Scotsman* on this subject, it would appear that Dr. Wilson and his ambulance friend share the popular idea that the presence of fresh earth is conducive to the removal of the poisonous gas present in the system 'in choke-damp poisoning.' Fresh earth is not what is wanted; fresh air is the *desideratum*. There is nothing specific in the ailment, consequently the treatment is the same as is observed in other cases where deleterious gases are inhaled, The recumbent posture is, of course, the preferable position, as thus the heart is able to perform its functions, under the circumstances, in a more efficient manner than otherwise. As to 'fresh holes in the earth,' I fancy, for their credit, medical men will keep their patients as long as they can from them."

To this letter I replied that I had expressed no belief in the efficacy of the miner's treatment. I referred "Toxicologist" to my letter, with the remark that we understood the ordinary ambulance treatment of choke-damp poisoning as thoroughly as he did himself.

Another correspondent, "Disbeliever," thought that:—

"I should make sure that it is the miners' practice to place half-suffocated men with their mouths over the edge of newly-dug holes in the earth before he inquires after the *raison d'être* for it. It has been my misfortune to be present at all the great colliery disasters in the West during the last dozen years from almost the point of their occurrence, and, while I have seen scores of men brought up the pit shaft suffering from after-damp, on no occasion have I seen any of them subjected to the earth cure. I have, of course, heard it frequently mentioned and discussed, but on close inquiry no one could say he had ever seen it practised, and those likely to be well informed generally appeared to regard it as a myth, good enough for padding in a newspaper report. Perhaps some practical mining men might be induced to give their opinion on the point."

The next contribution was that of a Mr. Turnbull:—

"As no adequate reply has been made to Dr. Wilson's inquiries on this subject, it can only be supposed that the miners adopt this

treatment as being the best they have under the circumstances My reason for writing is not to offer any explanation of their earth remedy, but to suggest a much better, more scientific, and thoroughly effective treatment of choke-damp poisoning. And this is the inhalation of oxygen gas. It may very reasonably be asked how this is to be accomplished, seeing oxygen is not always to be had handy. This is, however, none the less true. It is a fact not generally known, even among scientific men, that oxygen could be had even for a good many years back in a compressed state in iron or steel bottles or cylinders, containing from ten to twenty feet; in this state it will keep indefinitely. Owing to the price at which it was sold, it has hitherto only been used to a small extent in the production of lime-light in the magic-lantern. The case is now different. It is now produced by a London company on a large scale, of pure quality, and at a very low price, which is even lower than that at which anyone can make it. What more noble use can be made of it than the resuscitation of the poor miners or their rescuers who are overcome by the noxious gas? What is now to hinder a twenty-feet bottle being at every pithead or bottom that is likely to require it? The method of applying is simple, and could be administered by anyone on the spot, without waiting for a medical man. A small flexible bag of about a cubic foot capacity, made of rubber or oiled silk, filled from the bottle, and applied to the patient's mouth by a suitable mouth-piece, or gently blown into his lungs, would be all that would be required to bring him round, if there was any hope of him at all. There is also no reason why an apparatus should not now be perfected by means of which any man acquainted with the workings of a pit, with a bottle of oxygen strapped on his back, and a suitable breathing arrangement, and carrying a portable electric lamp, would be able to enter the pit immediately after an explosion, and before the mine was cleared of choke-domp, and be the means of saving many lives. I know that some such apparatus has been already tried. For some reason or another, it has never come into use, but this is no reason why it should not now be successful, and at the head of every pit ready for use if required."

My reply to these letters was given in the following terms:—

"Your correspondent 'Disbeliever,' although claiming to have been present at all the recent great colliery disasters, must surely have made poor use of his eyes and intelligence. I maintain that it is a perfectly well-known practice in mining districts to place half-choked men over pits dug in the earth, by way of relieving the symptoms of poisoning from inhaled gases. In proof of this, permit me to quote what Dr. Smith, of West Calder, says in a letter I have just received. 'I can only say,' remarks Dr. Smith, 'that if you ask any miner hereabouts he will probably tell you that he has not only seen the treatment tried, but has experienced the benefits of it himself. I was speaking to a very intelligent miner the other day, and he told me that he had often worked in "bad air," sometimes so bad that he had to cease work and come to the surface, suffering from headache and a feeling of oppression; that he would then not necessarily dig a pit, but turn up the fresh earth, lie down, and inhale the odour of the earth, and after a little while he would feel great relief. Again, he might not feel so ill, and would go home, wash, and have tea, and yet still not feeling well, would go into his garden, turn over the earth, and lie down for a little while with his mouth over the freshly-turned earth, always getting relief.' These facts are sufficient to show that your anonymous correspondent's experience of miners and mining is apparently by no means so great or so complete as he would have us believe. I have already referred to the reports of the Udston explosion by way of proving that, whatever its merits, the earth treatment is believed in by the mining population. At the Crerae Quarries disaster, if I mistake not, this treatment was also either adopted or recommended; and I am told a discussion regarding its merits appeared in the columns of the *Glasgow Herald*. As regards the letter of your correspondent, Mr. Turnbull, I confess that while in theory his proposition may seem feasible enough, in practice it might prove not only difficult of application, but probably ineffective. We do not breathe pure oxygen gas, but a mixture of that gas with nitrogen. What is wanted in a man suffering from choke-damp, therefore, is not the inhalation of oxygen, but the restoration of consciousness by the employment of artificial respiration —to introduce ordinary air (not pure oxygen) to the lungs—and other well-known ambulance aids. The 'earth treatment' of the miner is, I regret to say, still a matter of mystery as regards its *raison d'être*. May I add that, while I am grateful for any interest taken in this important subject, it would be well if your correspondents would address themselves to the real question at issue—namely, assuming it to be a fact that in mining districts fresh earth, as I have shown, is reputed of service in choke-damp treatment, what are the grounds, real or imaginary, on which this treatment is based? I shall not again trespass on your space until I have gained from some of your correspondents the information I seek."

A "Mining Ambulance Student" also wrote as follows:—

"'Disbeliever' seems to doubt if ever the earth treatment has been adopted, and would fain have us believe that it is only the creation of a reporter's imagination. Should he persist in his disbelief, I would be only too happy to put in his way testimony that I think will even convince him, and enable us to enlist him amongst those of us who are earnestly desirous of getting at the root of the matter. That it has been done is indisputable, and what we want to know is—How did this particular method originate? and, How is it productive of good, if it be so? That it has been the belief of miners for generations that it does good there is no doubt, and if we have been living in a 'fool's paradise,' the sooner we have an authoritative declaration to that effect the better."

A "Colliery Surgeon" concluded the discussion by the following letter:—

"I am afraid Dr. Andrew Wilson will not soon get anything like a scientific explanation of the method of treatment by earth-holes of persons asphyxiated by 'choke damp' in mines. I have been over fifteen years almost a specialist in such cases, in so far as being a colliery surgeon for that time entitles me to the name. Cases of gas-poisoning, amongst other ghastly accidents, being of frequent occurrence, I am in a position to state that the 'earth method,' though never prescribed by myself, has been very often used, and, I believe, with considerable benefit, but that only where respiration has not entirely ceased, although unconsciousness may be complete. The miners' theory is that fresh soil gives off gases which have the power of neutralizing choke-damp. Of course they must be inhaled; *ergo*, respiratory action is absolutely necessary. What those gases are, and whence they come, I question if even one pretty familiar with the chemistry of the soil could readily state. I may add that I once knew an old miner who told me that when he had advanced a certain length in alcoholic intoxication, if a ploughed field were at hand he always did his best to enter it, and lie down with his face to the ground, and in the course of half an hour he was partially sobered. After imbibing much alcohol (a hydrocarbon) there is doubtless an accumulation of carbonic acid (choke-damp) in the blood; but what relation exists between the case of the drunk man and the partially asphyxiated man, in regard to the action of the fresh soil, I leave to a practical chemist, not a surgeon, to determine."

From the perusal of the foregoing correspondence it will be seen that no information of any definite value has been obtained through my ventilation of the subject in the Scottish press. This is a result to be regretted; for having established the fact of the miners' practice of "earth treatment" in choke damp poisoning, it would have been satisfactory had we obtained some details of scientific nature regarding the supposed value of this particular form of remedy for a grave accident. May I hope, in the interest of miners and of ambulance students alike, that we may yet be supplied with some definite information concerning the earth treatment.

---

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**Writer's Cramp.** "A complete cure."—Miss E. HASTINGS, Eastbourne.

# Healthy Houses

"A happy home must be a healthy home."—*Anon.*

## DISINFECTIVE WATER FOR FLUSHING PLUMBING FIXTURES.

The following remarks are taken from an instructive paper read by Mr. G. Selkirk Jones at the recent meeting of the Sanitary Institute of Great Britain. It deals with a topic of importance in connection with household health: — Having been practically connected for many years with the sewage question, both as patentee and experimental chemist, I am desirous of putting forward my views respecting the best and cheapest methods by which, in my opinion, the sewage of towns can be rendered innocuous, both to human beings, in the first place, and secondly, to the fish of rivers.

Bearing in mind the fact of self-purification of river water, in consequence of oxydation by the atmosphere of its contained organic matter, I have for some years held the theory of oxydation as the probable sequel to this great social question.

Precipitation by ferric or aluminic salts, although quite practicable for small quantities of sewage, is quite out of the question for such a place as the metropolis, for in the latter case the remedy is quite as troublesome as the disease, resulting in mountains of daily increasing "sludge," which has itself to undergo subsequent treatment ere it can be finally disposed of. Then with respect to the "effluent" water, here again we meet with almost the original difficulty, for what is effluent water from the precipitation process but the original sewage, minus only the small percentage of its impurity?

Then with respect to the scheme of irrigation. Here, one has to confront the most formidable of objections, viz.:—effluvium arising from land upon which raw, even chemically-treated, sewage has been allowed to flow.

The latest suggestion for the disposal of sewage, I am not a little astonished at. It is for the reception by the river of all the original sewage, in its untreated condition, relying upon the aforesaid oxydising property of the running stream. But even if this action took place to an appreciable extent, there would still remain an immense excess of organic matter, viz.:—that held in suspension, which would accumulate on the bed and banks of the river.

The suggestion to which I am desirous of drawing attention is what I may conveniently term "the double tank system," and which consists in the supply to each dwelling-house of two separate cisterns, one supplied with pure drinking water, for culinary purposes, and the other, for the water-closets, urinals, &c., only; this second one containing some cheap and effective disinfectant, oxydiser, and antiseptic. Now, I do not think that any substance can be considered as embracing all these three qualifications so well as "chlorinated soda." I would therefore suggest that such tanks should be inspected, time after time, either by the Water Company's inspectors, or those of the Board of Works, or Watch Committee, as the case may be; and, moreover, that fines should follow neglect in keeping such water properly impregnated by the chemical. Again, there would be the double advantage of the purification of the air of the water-closet; for no matter how effectually the pan may be sluiced out by the lifting of the handle, the effluvium arising from the fresh fæces cannot otherwise be rendered innocuous. Upon the other hand, the chlorinated water from the tank being somewhat dilute, the unpleasant smell of the "chloride of lime" is not perceived to anything like the extent it would be if this latter substance were used. Again, this latter would be objectionable for another reason, viz., the precipitation of the lime as carbonate, sulphate, phosphate, &c., in the pipes, or as "sludge" in the sewers or rivers. The manufacture of chlorinated soda is a cheap and easy one, the chemical being supplied to householders, either direct or through the water companies, and in jars or stone bottles, with full directions for use. This solution being non-poisonous and easily used, no objection upon this score can be urged against its use. The result of such a system will be that the fæcal matter and urine becomes destroyed at once, and long, therefore, ere it reaches the river, it becomes sufficiently diluted to render its introduction thereto perfectly harmless to fish. This action of the chlorine, combined with the self-oxydising action of the running water, will thus, in my opinion, most effectually dispose of the great sewage problem.

---

To Remove Dandriff and Promote the Growth of Hair.—No. 1. The following is found to be very efficacious: Acet. canthar., two drachms; acet. aromat. opt., two drachms; spirits of rosemary, two drachms; aq. sambuc. ad., four ounces. Well sponge the roots of the hair every morning, and brush with a moderately hard brush. Or No. 2.—Sulphuric ether, one ounce; tinct. of canthárid., one ounce; alcohol, one ounce; rose oil, one pint. Well shake, and apply with a moderately hard brush at bedtime.

Wiring a Fractured Knee Cap.—A new method of treating a fracture of the knee cap, "wiring the patella," as it is called, was successfully demonstrated at Bellevue Hospital a day or two ago. The operation, says the *New York Tribune*, was performed by Dr. W. F. Fluhrer, assisted by the house surgeons of the hospital, Drs. M. A. Crockett and W. C. Braisted, and before many prominent members of the profession, some of whom were returning from the Medical Congress on their way to their homes in Kansas City and St. Louis. The liveliest interest centered in Dr. Fluhrer's treatment, not merely on account of his remarkable success in treating fractures of this kind, but as offering an admirable illustration of the careful and complete system of antiseptics used in the hospital. Every possible thing was done toward perfecting the aim and the conditions of the operator. Before the patient was put under ether, Dr. Fluhrer described the case and gave a general outline of his method of treatment, and showed himself ready, fully and clearly, to answer such questions as any of those present chose to put. The skill with which he manipulated and the ease with which he went about the work elicited the enthusiasm of his fellow surgeons present. After that portion of the leg to be operated upon was thoroughly lathered and shaved, an incision was made across what is familiarly known as the knee cap. The two sides of the fracture thus revealed were now to be brought together. A sort of crochet needle passed through at carefully sought and directly opposite points on either side was made to carry threads, and these in turn were used to draw through a wire by means of which the two sides of the fracture were pulled closely and firmly together, carefully leaving the tissue outside, which was sewn together in position. Antiseptics were used uninterruptedly during the entire process of the operation. The operation lasted over two hours and a half.

# Public Health

"Health is the first Wealth."—*Emerson.*

## PURITY OF AIR IN LIGHTED ROOMS AND FACTORIES.

One of the last reports of the Hygenic Board of the city of Stockholm contains, says *The Builder*, a paper by Herr K. Sonden on a series of researches carried out last year on the purity and temperature of the air in a number of public buildings in that city, particularly where the electric light has superseded gas, which are highly interesting. In all, twenty buildings were visited —some two, three, or four times—the method adopted in the research being the so-called Pettenkoffer, a method whereby the purity of the air is determined by the amount of carbonic acid it contains.

Beginning with the theatres, we find that in the Royal Grand Theatre, on the electric light being partially introduced instead of gas, there was a great improvement of the air both as regards purity and temperature, although the improvement was not so complete as in other theatres examined, as, for instance, the Court Theatre of Munich, where the electric light has entirely superseded gas. In the Dramatic Theatre, too, great improvement appears manifest since the gas-burners in the building were reconstructed so as to promote ventilation instead of, as before, increasing the volume of carbonic acid and raising the temperature. Thus, whilst four years ago, 5 per cent. of carbonic acid was not unusual with a temperature of about 30 degs. C., the greatest amount noted last year was only 2·6 per cent., and the highest temperature 24 degs. C. In the New Theatre, on the other hand, where a similar system of gas-lighting has also been introduced, and where, moreover, there is an air fan, no improvement of the air has been effected, a result which the analysts cannot as yet explain, although they ascribe it to a bad circulation of air.

However, of all the Stockholm theatres, the so-called Southern Theatre, was found the worst, the amount of carbonic acid in the air on the second tier rising sometimes to 6 per mille, and the temperature to 30 degs. C. This theatre is, however, situated in a part of Stockholm where the hygienic arrangements are very inferior. Turning to the churches and lecture-room, we find that in one of the former, during a meeting of the Salvation Army, the amount of carbonic acid rose to 6·22 per cent. In another church during evening service, the carbonic acid rose to 5·41 per cent. with a temperature of 24·8 degs. C. In the Klara Church, the principal church in Stockholm, an analysis was made when the church was crowded, showing that whilst the temperature only varied from 16·3 at the beginning of the service to 19·5 degs. at the end, the amount of carbonic acid rose from 1·75 to 57 per cent.

Of other buildings examined may be mentioned one at the lecture-hall in a public college, where the amount of carbonic acid in the air at the close of the lecture was 2 per cent., and one of the superior courts, where it was 6·25 per cent. The researches in factories, &c., embraced three snuff and tobacco manufactories, and seven printing-offices, and in the former the air was naturally greatly mixed with tobacco dust, whilst in one snuff factory every cubic metre of air contained half a gramme of fine snuff. In another tobacco manufactory, where the electric light had everywhere superseded gas, the amount of carbonic acid in the so-called rolling-room was, nevertheless, from 4 to 5·3 per cent. In some of the printing-offices the air was very bad, in one containing over 5·41 per cent., but in another, that of the Stockholm daily *Journal*, it was only 0·5 per cent., viz., almost pure. It was found that where good ventilators had been introduced the improvement of the air was very marked. It is intended to continue these researches, as the hygienic board is of opinion that they will greatly tend to improve the sanitary condition of buildings where large numbers of people are occupied.

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*Analytical and Consulting Chemist,*
India Buildings, Edinburgh.
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Medicine in China.—The Medical Mission at Hangchow maintained by the Church Missionary Society is doing useful work not only by giving medical and surgical treatment to nearly 8,000 persons every year, but by instructing native youths in the elements of Western medical practice. The abuse of opium was frequently the cause which brought the patients under treatment. Of eighty-eight cases of attempted suicide during 1886, it was the poison used in eighty. Eighty-two opium-smokers were successfully treated. Dr. Duncan Main states that the method adopted was immediate and complete removal of the drug, plain food, a room with lock and key, and kind words.

How to Gain Flesh.—For delicate persons whose appetites or weakened digestion will not enable them to assimilate sufficient food to nourish the body, the inunction of oil is recommended. It is a fact long recognized by physicians that flesh and strength may be gained by the assimilation of oil through the pores of the skin. Such persons, therefore, of attenuated frame, should adopt this mode of nourishment: by first taking a warm bath in order to throw open the pores of the skin, then rub well with a dry towel in a warm room; after which rub into the skin either cod liver oil or—if the odour of this be objectionable—the best olive oil. The former, however, will have the better effect. An American authority states that by this means an invalid will be able to assimilate ten times more oil than his weak stomach could possibly digest. If any tendency exist of weak lung or pulmonary symptoms, in addition to the above treatment, the following hygienic rules should be followed: Take as much nourishing food as possible at regular intervals, if little and often, and healthy but not violent exercise. Live as much as possible in the *open air*, exposed to the sunlight. *This is very important.* Avoid exposure to the night air, or facing the wind in strong currents of air, and, above all, avoid getting chilled. The best means of avoiding chills is to wear woollen clothing—flannel shirts and drawers *next the skin*—varying in thickness according to the season, *all the year round*, but never discarding them entirely, with warm, dry stockings. Every individual assistance, such as occupation, diverting but not wearying, the society of cheerful friends, entertainments in well-ventilated rooms, these cannot be too highly estimated. They are often better than medicines, and always lend great aid to them. Confidence and courage of mind afford physical vigour, which help to resist and overcome diseased action. When it is overcome, half the battle is won.

# Popular Science Papers

"Blessings on Science! When the Earth seemed old,
When Faith grew doting, and our reason cold,
'Twas she discovered that the world was young,
And taught a language to its lisping tongue."

—*Charles Mackay.*

## ARE THE LOWER ANIMALS APPROACHING MAN?

By W. H. Ballou.

FIRST PAPER.

The remarkable advance in the mental evolution of the lower animals naturally gives rise to some propositions, viz.:—

I. That many species of lower animals of to-day possess a higher mentality than primeval man; and that some species are endowed with a higher mentality to-day than the lower classes of men of to-day.

II. That the mental differences of man and the lower species are to some extent the result of training, experience, and tenacity of life.

III. That the mental future of the lower animal may become more equalized with that of man; that a method of conversing with animals is possible.

I.

Herodotus related, 2,500 years ago, that the priests of Egypt told him of the migration of the Egyptians from the East to the Nile country 10,000 years before their time. Le Plongeon, the archæological explorer, professes to have verified this story, and announces the existence of the Egyptians in Yucatan 15,000 years ago. Granted that the genesis of the history of mind must be located in Yucatan 9,000 years before the stated time of Adam, then the 15,000 years of mysterious silence of the lower animals must be charged to man. In all that time no lower animal has arisen to tell his story and confront the human race with its annual havoc of butchery, persecution, and cruelty. In the awful silence which ever confronts him, the St. Bernard licks the hand of a master, grovelling in the densest of Alpine ignorance in comparison with his own masterful intelligence; and the elephant, with a brain endowed with visible knowledge, kneels in the circus to an ignorant and contemptuous clown; and the horse, with the wonderful and highly sensitive intelligence of a Maud S., is beaten before a cart of coal by a man-shaped brute who can neither write his name nor mention the common decencies of life. This is merely an intimation of the mentality of the lower animal. If we were to briefly grade animals according to their mentality, we would, perhaps, have a table as follows:—

| *Lowest Species mentally.* | *Next higher.* | *Highest.* |
|---|---|---|
| Low and ignorant mankind. | Trained lower animals. | Educated man. |
| Aborigines. | Pets and some domesticated animals. | |
| Insects. | | |
| Many lowest animals. | | |

In discussing the first proposition we must measure the truthfulness of the knowledge possessed by the lower animal as compared with that of primeval man. For instance, Aristole, in discussing natural phenomena, usually assigned a supernatural explanation. A child of to-day, then, who knows practically the breeding habits of the domestic animals about him, is possessed of a higher intelligence than was Aristotle, who maintained such ridiculous doctrines as that "the eel is born of worms produced by the mud." And so, the dog that carries one's mail and does errands, that pulls one out of bed when the house is in flames, possesses a higher intelligence than the aborigines, who, with all their powers of observations, had no sense of the utility of things, whose judgment was ever biased by the supernatural, and who lived like the wild beast of the field. The same dog is naturally familiar with all things about the home and place, and knows the utility of many objects of the household. He is, then, more intelligent in this respect, if in a wealthy and refined home, than all who enter there unfamiliar with the use of the same objects and who cannot be taught the use of them. A commodore of the Chicago Yacht Club once rescued a black Newfoundland dog in mid Lake Michigan and gave him a home on the yacht "Idler." This animal was familiar with the orders issued on shipboard, and when a command was given concerning the sails would run to the particular rope connecting, look up at the sail, bark and wag his tail. Was not this dog more intelligent in this respect than anyone unfamiliar with a ship? "Bob," I think that was his name, had a habit of jumping in the lake to bathe and of barking when he desired to be helped on board the "Idler." The sailors neglected him one day, and his grand, great head was swept down in the storm. Could not the sailors of the "Idler" have better been spared? They had their opportunity in life to advance the tremendous evolution of mind going on in man and mammal, but preferred the destiny of the vast army of the commonplace who lift no hand to unveil the mystery of the infinite unknown. "Bob," with his increasing knowledge, might have become the ancestor of some future dog who should in some way communicate to us the secrets of the lower animal world.

These comparisons of the amount of knowledge possessed by certain lower animals and certain classes of men might be multiplied indefinitely. I have numerous authentic animal instances illustrating the advanced intelligence of dogs, cats, birds, and species in general; and there are books filled with them. Having shown that any lower animal having knowledge not possessed by certain classes of men is more learned in that respect, the question naturally arises as to the extent of the intelligence of lower animals.

We must concede in the light of modern times that the term "instinct" is no more applicable to the lower animal than to man, since it implies action without the aid of reason. Any training a lower animal acquires, or any knowledge or experience, is just as much learning in his case as it is in the man who has to be similarly trained or experienced. The turkey and some other

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animals which have become domesticated, according to Judge John D. Caton, revert to their wild state when set free. Arctic explorers and sailors when deprived of food and the conveniences of civilization often revert to aboriginal cannibalism and the lowest forms of existence; and, beyond a doubt, if they continued to be deprived of such conveniences their descendants would be as wild, dirty, savage, and ignorant as an African Pigmy. These facts show simply that instinct is as dominant in the human race as among the lowest animals, and manifests itself under like circumstances.

The opposite must then be true in part, that the knowledge which is above and relieved from instinct is partially as dominant in the lower animal as in man. Dr. Thomas Brian Gunning, whose scientific discoveries, I believe, have given him alone among Americans a fellowship in the Royal Society of Surgeons of Great Britain, once owned one of the most learned cats known. In selecting instances* of this kind I prefer to relate only those which can be verified by any one, from the lips of men whose honesty and standing cannot be questioned. "Black" was the name of the cat. Of his many learned qualifications it is only necessary to mention a few. He always sat at the table with the family in his own chair, with his own crockery, and with his forepaws delicately placed beside his plate. He used his paws and mouth much more deftly and politely than the masses of humanity. After an absence of several years, the family assembled at dinner one day and were surprised to see Black come forward and gravely demand, as only a cat can, his place and chair, which even they had forgotten. Black delivered the mail at the box on the corner lamp-post, and never forgot a face or friend, though years intervened between the meetings. The most remarkable of his acts occurred when a swelling appeared on his body, causing him great pain. Black was always present at surgical operations, and in this instance demonstrated that he had not been an unobservant student. His master examined his painful sore, and requested his boy to call in a young surgeon and "have the sore lanced, as he could not bear to do it."

Black heard the words, jumped on the bed, and lanced the sore with his teeth, so that the blood spurted over the coverlid. When the young surgeon came he pronounced the operation successful, and sewed up the skin. When he went away Black tore out the threads, and after that attended to the wound without interference. When the place healed there was no scar, and the surgeons agreed that they could not have performed the operation and cure without leaving one. Dr. Gunning resides at No. 21, West 21st-street, New York, and will verify these incidents in person by witnessing to those who desire.

The extent of the knowledge of lower animals must be measured by specific instances. Professional men often have cats which acquire knowledge of their professions. Alexander Hesler, of Chicago, and George C. Phelps, of New Haven, Conn., are photographers who have posing cats that are learned in most of the minutiæ of the gallery. Rockwood, of Union-square, and Alman, of Fifth-avenue, New York, have photographed over 3,000 dogs and cats celebrated for special knowledge and attainments. Sir John Lubbock is highly educating his dog. The circus has produced innumerable highly educated and trained dogs, horses, elephants, and other animals.

It is evident that the animal which enjoys the most constant and intimate association with educated people is most learned. Thus the pet dogs and cats, constantly with their owners, acquire the most intelligence. Many of these are taught to be epicures, dining in the choicest way, to show disdain for vulgar people, to have a fondness for jewelry, to cast off the indecent street manners of their kind, and in every way to show a sense of refinement. One must then be ignorant, unobserving, and obstinate who still uses the term instinct as applied to *all* acts of the lower animals, and will not admit that some of them have a higher mentality than primeval man and the modern scum of mankind.

* For selected instances of lofty animal intelligence, see article entitled "Cats" in *Harper's Bazaar*, of October 25th, 1884, by the author.

## SNEEZING.

At a recent meeting of the Physiological Society, Berlin, Dr. Sandmann spoke on breathing action originating in the mucous membrane of the nose. In order to study the possible connection between asthma and diseases of the nose, which has been so often supposed to exist, the speaker has made experiments on the respiration in rabbits and cats whose nostrils had been completely occluded.

In addition to confirming the phenomena which had been already described by earlier observers, he found that the changes in volume of the chest were the same as in normal animals, whereas the pressure within the chest was considerably increased when breathing was carried on entirely by the mouth; similarly, the respiratory undulations of the blood pressure tracing were increased in amplitude. He next investigated more closely the respiratory acts which originate in the mucous membrane of the nose. Of these, three are known, namely, stoppage of breathing, sneezing, and coughing, as a result of stimulation of the nose. Arrest of respiration was observed to occur, according to the strength of the stimulation, either in the phase of expiration or of inspiration, or merely as a more pronounced expiration.

Sneezing was brought about by tickling the mucous membrane of the nose, and was found to consist of a deep inspiration with simultaneous closing up of the pharynx and mouth by the application of the tongue to the palate, followed by an explosive expiration. When the stimulation is slight, only the deep inspiration is produced; if the stimulation is strong, the deep inspiration is followed by a somewhat lengthy inhibition of the same, which is frequently accompanied by slight expiratory movements; when the stimulation is of moderate strength, an ordinary sneeze is the result.

After section of the phrenic nerves the deep inspirations were no longer observed. Dr. Sandmann, by section and removal of the mucous membrane in rabbits, has further examined the various regional areas of the same, and found that sneezing can only be produced by tickling a limited area of the mucous membrane of the nose. On the rabbit this area is found in the entrance to the nose on the anterior surface of the lowest nasal muscle; but in addition to this place, the same reflexes may be produced by stimulation of the front part of the septum and roof of the nasal cavity. Sneezing cannot by produced by stimulation of any other portion of the nasal mucous membrane. In man, the region of the posterior nose openings is also connected with the reflexes involved in sneezing in addition to the regions mentioned above.

An anatomical investigation of the areas whose stimulation leads to sneezing showed that they are supplied entirely by the ethmoid nerve. Stimulation of

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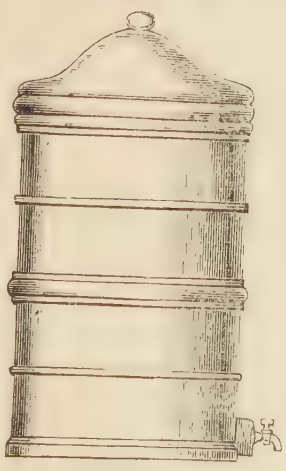

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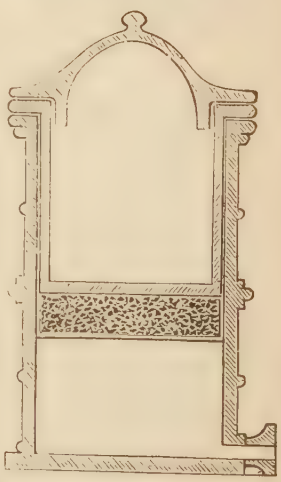

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this nerve in the eye-cavity was followed regularly by sneezing, which could therefore be produced to a certainty by stimulating the trunk of the nerve. The third kind of respiratory reflex—namely, coughing as the result of nose-stimulation—could not be experimentally produced in the cats and rabbits used in these experiments.

# Jottings from the Journals

"Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

**Salutes and Gestures in Modern Society.**—Some absurd habits that are said to be common in a certain section of modern society have certain physiological and pathological aspects. We have from time to time heard of many social follies, but none seem more absurd than the "modern society hand-shake." When two men in this set meet they salute in the following fashion: The right scapula is raised and brought forward, the humerus being extended in nearly a horizontal line, and somewhat adducted, while the forearm is semipronated and allowed to hang nerveless and inert; a little oscillatory movement is imparted to the arm, but no grasp is attempted. The other man doing the same thing, the fingers of either hand touch. In such gesture the muscles employed are those which the least indicate mental action. The movement appears planned to express no mind or feeling; it is more awkward and graceless than the action of a hemiplegic man, and quite as indicative of loss of brain power. This is by no means the only imitation of brain-sick folk followed by some peculiar people. Some of the attitudes of certain young men and women strongly resemble those we see in extreme exhaustion, hysteria, and St. Vitus's dance. Thus we may mention as examples: Heads inclined to one side, a symmetrical posture of the spine, hands ill-balanced and contracted in the palm, with the fingers bent backwards. Ladies in the drawing-room will sometimes assume postures the very counterpart of those seen in chorea, while a languishing mode is thought to indicate æsthetic refinement. What shall we say about the habit of dressing the hair so as to cover the forehead, the bulwark of the brain; and masking all expression in the hands, which should be exponents of the mental state, by perpetually carrying an opera hat, fan, or flowers. We might further dwell on a cultivated monotonous drawl of voice, with falsetto pitch, with absence of expression, power, and energy in all the movements, the eyes being half-open, and not directed towards the person addressed. A certain school of modern art seems to lend much favour to this sort of thing. It has been said that a man should dress with care and attention, for the first impression made on meeting a stranger is to some degree produced by dress; to a much greater extent do the carriage and mode of salute make an impression—the method should be manly. The salute should indicate the impression produced by the meeting; of course it should be under control—never too cold or too effusive—but that does not justify a purely artificial method, meaning nothing. Shaking hands is often used as a pledge of contract, but then it must express the mental state. The unwholesome mode of gesture we have referred to is much on a par with talking slang and the fictitious representations of life given in some novels. It is to be hoped that such nonsense will quickly die out, as such follies usually do, but let us be careful that children do not copy it. Our protest is that it is a mistake to copy conditions of weakness as indications of good feeling. It is bad enough to see our friends looking tired after hard work; we do not want to see them presenting the signs of being brain-sick as a display of perverted taste.—*British Medical Journal.*

✣ ✣ ✣

**Calisthenics in London Board Schools.**—It is highly characteristic of the backward state of public thought and feeling in respect of matters of hygiene that in the reports of the Commissioners appointed to examine into the working of the Elementary Education Acts, questions relating to the sanitary conditions and physical regimen to which school children are subjected should obtain only a very inconsiderable place. The case of starved or half-starved children has indeed forced itself into notice; but short of this, and saving only some discussion of the subject of over-pressure, points bearing upon the health of the vast school-attending community have scarcely received any attention whatever at the sittings of the Committee. Even more conspicuous than its omissions have been the shortcomings of the Committee in this respect when it has set its hand to the work. The third report, just issued, contains, for example, the evidence given by the lady who is engaged by the London School Board as superintendent of the girls' and infants' departments, and she was able to give the Commissioners some very interesting facts relating to her work in that capacity. Thus we learn that there are at present 1,200 teachers within the jurisdiction of the London Board who are either trained or under training, and that physical education has been introduced into upwards of 250 schools. Furthermore, the work is being vigorously pressed on, and it is anticipated that within a period of five years there will not be a teacher who will not have received special physical training. This is as it should be, and in this respect at least the metropolis sets a good example to other urban School Board districts all over the country. The Commissioners, however, did not interrogate their witness as to the nature of the exercises in which she practises the children. It is quite needless to say that upon this will depend the whole value of the physical instruction imparted. It would seem that Ling's system affords the basis upon which the London teachers work, but it does not at all appear how much of this method they are practically able to embody in their scheme. The only question bearing upon this important matter was: "Is it a very important part that is omitted?" Answer: "The most important part, and the one which really develops the child best, is not omitted. The part which we practise with the children is the fundamental and the most necessary part." Probably that is so, but it would have been interesting to have fuller details from which an independent judgment might be formed.—*Lancet.*

North London, or University College Hospital.—It has been decided to hold a fancy dress ball, in aid of the funds, at the Hotel Metropole, on the 9th of February next. A festival dinner, with the same object, will also take place at the same hotel early in the following May. Further particulars of these events will be announced by circular and advertisements in the daily papers.

Corn Salve.—Take of black oxide of copper, fifteen grains; lard, half an ounce. Well mix, cold. Pare the corn as much as possible without causing it to bleed, and apply the salve every night.

# Our Bookshelf

"Reading maketh a full man."—*Bacon.*

## VARIOUS HEALTH BOOKS.

*Grand Canary as a Health Resort for Consumptives and Others.* By M. DOUGLAS, L.R.C.P., M.R.C.S.E. (London: J. & A. Churchill. 1887.)

THIS pamphlet contains the substance of a paper read by Dr. Douglas, of Sunderland, before the British Medical Association, held in Dublin, in August last. The author spent two winters abroad in consequence of delicate health, and his remarks have therefore the guarantee of practical experience of the resorts he describes. Grand Canary is a little-known resort, and what Dr. Douglas has to say thereof will be read with interest. He writes in most eulogistic terms regarding the climate, and invalids undetermined regarding the choice of a winter residence should certainly peruse the author's remarks.

*Cholera and Water in India.* By M. C. FURNELL, M.D., &c. (London: J. & A. CHURCHILL. 1887.)

DR. FURNELL is an enthusiastic advocate of the doctrine that cholera in India is a water-propagated disease. He holds that the treatment to which water is subjected in that country lies at the bottom of the continuance of cholera in the land. "If the authorities would see that the people were provided with a pure and uncontaminated water supply, the cholera would disappear from India, as it has from many parts elsewhere." These are the author's words, and unquestionably he has both British and foreign sanitary experience on his side. It is a notable fact that, during the last epidemic of cholera in Scotland, those towns and districts which were supplied with impure water were found to have suffered most severely from the disease. It is to be hoped Dr. Furnell's pamphlet—which, in the main, represents a lecture he delivered in India in 1882—will be read and digested by those in authority. Cholera is a preventible disease; and cleanliness of person, together with a pure water supply, and the rigid care and isolation of each separate case of the disorder, form the simple means whereby we may prevent such cases from developing into thousands.

*Light Diet, a Handbook of Dainty and Wholesome Diet and Cookery for all Classes of Invalids.* By DR. H. W. SEAGER. (London: Simpkin, Marshall & Co. 1887.)

THIS is really a wonderful shilling's worth of practical advice regarding sick-room and invalid diet and cookery at large. It appears as a bulky pamphlet, cheap at the price, and containing much reliable information respecting all kinds of dietaries for the sick, as well as a variety of hints on foods and feeding at large which cannot fail to be useful to nurses and others. We commend Dr. Seager's little book very warmly to the notice of heads of families, and to all who are in any way concerned with the care and nutrition of invalids.

*The Ambulance Pupil.* By a Pupil of the St. John Ambulance Association. (London: Crosby, Lockwood & Co. 1887.)

AGAIN an addition to the already swollen list of ambulance manuals. This book is a diminutive treatise on a subject which has already had many well qualified expounders, and which has been fully treated in volumes of adequate size and illustration. By way of showing that the author of this book has still something to learn, if not in the way of ambulance treatment, at least in the art of clearly expressing his meaning, we may select one passage (p. 29), in which he advises that in the case of an epileptic fit we are to "place a piece of cork, wood, knife (*sic*), a pencil, or a handkerchief in the mouth, to prevent injury to the tongue." As a matter of fact, to place anything in the mouth of an epileptic is not only a dangerous, but, as a rule, utterly unnecessary piece of treatment. Apart from the fact that a "knife" or a "pencil" so placed would be likely to convert the case into one of choking, it is practically impossible to prevent such a patient biting his tongue. We also note that, in describing the treatment of an epileptic, no mention is made of the golden rule in all cases of "fits," namely, the watching of the patient after the fit, in view of its recurrence.

*Digestion and Indigestion.* By DE QUINTIN. (Leicester: Published at the "Provincial Medical Journal" Office. 1887.)

IT is somewhat difficult to assign any definite place to this pamphlet. On the title-page the author, "De Quintin"—regarding whose personality we are afforded no information whatever—says that his "condensed little work is intended for the student of disease and medicine. The simplicity of its aim and the naturalness of its method will also make it useful to all others who desire to be acquainted with the process of digestion and the cause of indigestion." This is a plain and also self-laudatory statement enough, but on perusal the pamphlet is found in reality to be a compendium of "all and sundry" in the way of medical knowledge, and deals with topics ranging from diet to sea-sickness, and from the reaction of urine to Menierè's Disease and the weights of the bodily organs. That it would be a somewhat unsafe work for the use of the general reader is evident from the fact that most of its details are of a medically technical nature, while from the author's expressions regarding the treatment he has found serviceable in various cases, we opine he is a medical man, and, as such, really writes for the edification of his professional brethren. A useful list of formulæ is appended to the book, but we fail to see the advantages of this work over ordinary medical treatises on digestion and its ailments.

CHRISTMAS MAGAZINES.—*Harper's Magazine* is well to the front with its excellent and chaste Christmas number. Two stories contained therein—"Inja" and "His Day in Court"—are alone worth the shilling this artistic number costs. *The Gentleman's Magazine* Christmas number contains a single story, "The Golden Hoop," by T. W. Speight. The tale is attractively told. The Christmas fare in *Belgravia* special number is also of excellent quality. We may single out the concluding story, "An Agony Column Mystery," by Richard Dowling, as a good example of a piece of excellent and pathetic writing. *The Season* for December, as usual, teems with the latest news and illustrations in ladies' dress-fashions. It is a welcome guide to neatness and elegance in dress.

CHILBLAINS.—One of the best remedies is a very strong solution of sulphate of zinc, say one to four. It may be coloured, scented, or otherwise disguised.—*Heder.*

# Sanitary Appliances, Etc.

## A NEW SMOKING MIXTURE.

DR. NACHTIGAL, of Stuttgart, has the following interesting remarks regarding stimulants at large and the new Coca-tobacco in particular :—

To preserve our system in a healthy condition, it is not only necessary that we should nourish the body by means of food, but also that we should assist it by means of stimulants. These stimulants may be separated into two classes, those which are transient in their effects, and those which are more permanent and cumulative, so as to be dangerous to our systems, if taken for any length of time, such as alcohol and opium. On the other hand, there are those which are taken freely and daily, but which, nevertheless, have a destructive influence on our nervous systems, such as tea and coffee. Between these two extremes stands tobacco, which cannot be used by all with comfort and impunity, as physicians will testify from the number of cases of stomachic and nervous derangement which come before them, and which are due to the use of tobacco. At all times people have tried, and are still trying, to find a harmless stimulant. But both persons of culture, and uncultivated persons whom they encounter on their travels, have only succeeded in increasing the number of irritants, the use of which is dangerous. Here I will remind readers of the Koumiss of the Tartars, the Hashish of the Indians, the Betel of the Polynesian.

One of the most perfect of stimulants is the coca plant (Erythroxylon coca), which was known as far back as 300 years ago, when the Spaniards conquered Peru. In that country the plant was considered a holy plant, ever present at their feasts and at their sacraments. The fable states that Kapak, the godly son of the Sun, once descended from his throne, and brought the light of his mother to the poor inhabitants of Peru. He brought intelligence from the gods, and instructed the people in the Arts and Agriculture. At the same time he made them a present of the coca plant, which satisfies hunger, gives new strength to the exhausted, prolongs life, and imparts joy and happiness to those who are depressed. The plant played so important a part in the religion of the natives, that in 1567 the Spanish Bishops tried hard to suppress the growth and use of the coca plant, but without success. It was only in 1749 that it was introduced into Europe, where it was studied by great men, such as Humboldt, Tschudi, Bibra, and others, who found it to possess valuable properties, and their views were confirmed by the leading members of the Medical Profession, who decided that it was a stimulant, tonic, and restorative to the system. It was found useful in the treatment of debility and exhaustion, in all their forms, whether induced by diseases or excesses, affording great relief. Fatigue disappears, and is succeeded by an indescribable calm and satisfaction, increased strength of brain and muscle, and a desire for mental and muscular occupation (Dr. Stewart, in the *Medical Times*, of Philadelphia). In the same sense, the German Medical Press have also noticed the plant. (See No. 29, 1887, of the *Deutsche Medizinal Zeitung*, the *St. Petersburgh Gazette*, and many other scientific journals.)

It is not, however, as a medicinal preparation, but, curiously enough, as a smoking mixture that we have now to deal with it. Several attempts were made to introduce the plant into this country, but the objectionable practice of chewing the leaves caused the systems of those who used it to become impregnated with the alkaloid of the plant, in the shape of Cocaine, the well-known "pain-killer." But there are other constituents in the plant besides cocaine, and now an entirely new preparation has been introduced in the shape of tobacco and cigarettes. Thanks to this happy solution of the smoking-difficulty, we may now all enjoy and smoke with benefit to our health, since the Coca-tobacco acts in a manner directly opposite to the ordinary influence of common tobacco, as it strengthens our nerves, is free from the influence of nicotine, and may therefore be smoked with impunity by all. Dr. Nachtigal has made over his receipt to Mr. Oscar Friehmelt, in whose manufactory the Coca-tobacco is prepared, under the direction of Dr. Nachtigal, in the form of tobacco and cigarettes, so as to eliminate the poisonous influence of the cocaine, while retaining all the necessary ingredients of the coca leaves, which are so much appreciated. With this Coca-tobacco the smoker will enjoy his pipe ; no unpleasant or even novel aroma is imparted ; and he has the satisfaction of knowing that he does so with impunity, and with no material addition to the expense. Dr. Nachtigal has received many gratifying letters from bicyclists and others engaged in severe labour, who speak with enthusiasm of the support and comfort they derived from the use of this Coca-tobacco. Equally satisfactory was the report of the Bavarian Army Corps, the officers and men of which used it during their severe labours in the hot weather of last June and July. They found it specially valuable during the night service, when they used only the Coca-tobacco as ordered by Dr. Nachtigal. Dr. Nachtigal is convinced that Coca-tobacco has a great future before it, and that it will be so highly appreciated that if the ordinary tobacco, with its nicotine and other dangerous elements, does not become entirely and immediately a thing of the past, there will still be vast numbers who will be grateful to him for introducing the Sanitary Coca-tobacco. The French Hygienic Society, of 56, Conduit-street, Regent-street, London, W., are the Sole Consignees for the United Kingdom and the Colonies.

From a personal trial of this novel combination of stimulant and sedative, we can endorse the claims which Dr. Nachtigal advances for its use. Smokers who suffer from heart-depression may find a distinct advantage in using Coca-tobacco either entirely, or alternately with their accustomed "weed."


# NERVOUS EXHAUSTION.

PULVERMACHER'S World-Famed GALVANIC BELTS for the Cure of NERVOUS EXHAUSTION and DEBILITY, have received testimonials from three Physicians to Her Majesty the Queen, and over Forty Members of the Royal College of Physicians of London.

The distressing symptoms of NERVOUS EXHAUSTION and DEBILITY are speedily removed by means of **PULVERMACHER'S world-famed Galvanic Belts,** which are so arranged as to convey a powerful electric current direct to the affected parts, gradually stimulating and strengthening all the nerves and muscles, and speedily arresting all symptoms of waste and decay.

Dr. VINES, Fellow of the Royal College of Physicians, writes 19th September, 1885 : "Having used MR. PULVERMACHER'S BELTS for many years, in the course of medical practice, I am in a position to speak of their great value as a curative agent in cases of nervous disease or functional malady where Electricity is likely to be serviceable. I am entirely convinced of their efficacy."

Dr. C. HANDFIELD JONES, F.R.C.P., F.R.S., Physician to St. Mary's Hospital, says : "I am satisfied that MR. PULVERMACHER is an honest and earnest labourer in the field of science, and I think he deserves to meet with every encouragement from the profession and scientific men."

Dr. GOLDING BIRD, M.D., Physician, Guy's Hospital, says : "I can hardly recommend MR. PULVERMACHER'S INVENTION too strongly to the notice of my medical brethren."

For full Price List and particulars, see New Pamphlet **"GALVANISM : Nature's Chief Restorer of Impaired Vital Energy."** Post Free from

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# Our Letter-Box

"Conference [maketh] a ready man."—*Bacon.*

### *NOTICES TO CORRESPONDENTS.*

*All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to* "THE EDITOR OF HEALTH," 2, PATERNOSTER-SQUARE, LONDON, E.C. *Those intended for the Publishing Office to be sent to* MR. A. P. WATT, THE PUBLISHER, *at the same address.*

### RULES FOR CORRESPONDENTS.

OWING to the mass of letters which reaches us each week, we respectfully direct the attention of Correspondents, desiring replies in the LETTER-BOX DEPARTMENT of HEALTH, to the following rules :—

1. All questions are answered free of charge in the columns of HEALTH.

2. All letters must be legibly addressed to "The Editor of HEALTH, 2, Paternoster-square, London, E.C.," *and to no other address.*

3. Questions to which answers are desired by post, are so replied to solely at the Editor's discretion. If no answer is sent by post, the query will be replied to in the "Letter-Box" columns of HEALTH. A stamped addressed envelope must accompany all queries to which a private reply is desired.

4. Addresses of physicians and surgeons will, as heretofore, be forwarded FREE to Correspondents on their enclosing a stamped addressed envelope for reply.

5. Correspondents are requested to write on one side of the paper only, and to make their inquiries as brief as may be consistent with clearness.

6. From the necessity of sending HEALTH to press early in the week, no Correspondent can be replied to in the "Letter-Box" columns in the same week in which the inquiry is received. Replies crushed out of any issue will be found in the succeeding number.

7. No Post Cards must be used in sending queries. Violation of this rule deprives the sender of the privilege of a reply.

## QUERIES AND ANSWERS.

### REPLIES: GENERAL, SANITARY, AND MEDICAL.

RUSTICUS.—1. If we mistake not, full directions are given with the Kepler Malt Extract. More explicit information, if needed, will be obtained on application to Messrs. Burroughs, Wellcome & Co., Snow Hill-buildings, London, E.C. 2. Try the Kepler Cod Oil and Malt. There is no fear of any ill effects accruing from the use of malt. You might, with advantage, try Bokö̈l as a malt beverage to dinner. 3. A formula for Cod Liver Oil and iron is as follows:—Syrup of the iodide of iron, three drachms; gum mucilage, one ounce; pure cod liver oil, six ounces. Mix. A dessertspoonful to be taken after meals.

THOMAS.—In your case guard against constipation by the use of Grant's Scotch Oat Flour taken in place of tea and coffee. You should give up using injections, and all alcohol should be given up till you are well. By attention to your general health you will soon get well. If not, write again.

LAWRENCE SCOTT. — Try taking twenty grains bromide of potash dissolved in a wineglass of water at bedtime for a few nights, and note effect of this drug on your symptoms. If not bettered, write again.

A. F. P.—If you are a regular reader of HEALTH, and would read the rules for correspondents printed each week in HEALTH, you would know you cannot receive a reply in these columns in the same week as that in which you write. Replies are occasionally delayed through pressure on our space, and from the large number of queries which require to be answered in certain weeks. All questions are replied to strictly in the order of their receipt.

JOHN RAE.—Try the effect of using an injection of half an ounce of tincture of the perchloride of iron, added to one pint of water. Exercise great care over your food, and over the quality of the water you drink.

ALEXANDER A.—Sit and rest with your feet elevated, so as to favour the return of the blood in the veins. Have the foot of your bed also elevated. Avoid constipation above all else, as this is a frequent cause of varicose veins, as also is long standing in business. You should get a surgeon to show you how the elastic bandage (see that you use one of Dr. Martin's) is to be applied, as much depends on the exact fashion in which the bandage is used, and such bandages are often highly effectual in the cure of enlarged veins.

LECON.—Try inhaling the smoke from Dr. Douglas's Maori Cigarettes, or Marshall's Cubeb Cigarettes, through the nostrils. Dr. Dunbar's Alkaram has also a high reputation in checking nasal catarrh. A moderate purge (*e.g.*, Lamplough's Pyretic Saline) will also assist many cases of such colds.

ST. LEGER.—Wash the skin regularly with Bayley's Spermaceti Soap and tepid water. If the skin itches, apply a little of the following lotion: Glycerine, an ounce and a half; bicarbonate of soda, one drachm. Mix. Label: "The Lotion—to be used as directed."

ELIZA L.—Let the diet be very light. Give a small cup of warm milk in the morning first thing, before rising, and give milk and soda through the day when the sickness continues. Let the food be taken sparingly as to the quantity at each time. The motto, "little and often," is applicable to the food habits of such a patient. If the symptoms continue, procure some Ingluvin, and administer it as directed on the bottle. Attend strictly to the state of the digestion, and guard against constipation by the use of the Cascara Cordial and diet as ordered you.

OLGA.—You are very foolish to trouble yourself regarding what is quite natural to many persons in health. Simply use a little white vaseline as an application to the part; for the rest, learn that what you name are signs of health—not of disease.

PUZZLED.—Try five drops of Pure Terebene (Burroughs, Wellcome & Co.'s), to be given on a piece of sugar twice or thrice daily, after meals, or when the cough and irritation are troublesome. This has a wonderful effect in allaying irritation.

E. M. M.—Wash the hands regularly with Bayley's Soap and soft water, and rub on them each night a little of Borthwick's Winter Cream (advertised in our pages). You take too much tea. Substitute Scott's Oat Flour therefor at breakfast. Rest after your meals, and if constipation is present take twenty drops of Cascara Cordial in water, an hour before your food, once daily.

FRED KAYE.—Address your inquiry regarding the Inhaler to Messrs. Burroughs, Wellcome & Co., Snow-hill Buildings, London, E.C. A simple remedy for your ailment would be an inhalation at bedtime of the steam arising from a pint of hot water to which a teaspoonful of Friars' Balsam has been added. It is also probable that you would benefit much from taking a dessertspoonful of Scott's Cod Oil Emulsion with Hypophosphites, thrice daily, after your meals.

M. X.—You may safely give the Mariani's Coca Wine a trial. It appears to us, however, that your best course will be that of undergoing a thorough examination at the hands of a physician, and of taking his advice regarding the curative means which would be most suitable for you.

ELLEN BRACEY.—The following is the best way to make a Mustard Fomentation, the effects of which may often be greatly increased by the addition of a little mustard to the water. A tablespoonful of good ground mustard to the quart of hot water is a sufficient quantity. The mustard should be allowed to infuse for ten or fifteen minutes, so that the essential oil will be extracted by the water. When large fomentations are applied, it is economy to employ the following method: Instead of adding the mustard to the whole quantity of water used, prepare only a pint or a quart of mustard water. Wet a single thickness of flannel in the mustard water. Lay it over the part to which the application is to be made, and then apply over it a hot fomentation prepared in the usual way.

MOXA.—Certainly; take a cold sponge bath each morning, dissolving Tidman's Sea Salt in the water over night. Use brisk friction thereafter with one of Wilson's Hygienic Towels (advertised in our pages), and take a teaspoonful of Syrup of the Hypophosphites in a wineglass of water, twice daily, after your food. Read also the pamphlet, "A Lecture to Young Men" (post free for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), for many useful hints, and write again if not cured. A little Bokö̈l taken at dinner will be likely to do good.

A. Y.—The best drink of non-alcoholic nature is Bingley's Ginger Ale. Address Mr. Bingley, chemist, Northampton, for details. It is pure, wholesome, and eminently tasteful.

KIRKCALDY.—We only send addresses of medical men on receipt of stamped addressed envelope. Comply with this rule and we shall be glad to advise you. The Sanitary Wool Underclothing we recommend is that made by Messrs. E. Ward & Co., of Bradford.

FERNIE.—Use the oil daily; there is no reason why you should miss a day; attend to your general health. Keep the hair very short for a time, at least.

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Tubes, 2s. each. Half tubes, 1s. each. Pomade in vials, 5s.

HUMAN VACCINE (from healthy children only, microscopically examined and source quoted).—Three tubes, two-thirds full, 5s. Tubes, one-third full, and Lancet Charged Points, 1s. each; Pin-points, 1s. 1d. each. Eighteen Charged Small Points, 5s.

Tubes, two-thirds full (same as those mentioned above, but without source), in quantities for export, £5 per 100 tubes.

**Pin-points uncharged, 1s. per dozen.**

Vaccinations daily between the hours of 12 and 2 by the Consulting Physician, at the uniform fee of a Guinea.

Office hours, 10 to 4; Saturday, 10 to 2.

P.O.O.'s (including postage, and crossed London & Westminster Bank), with orders, payable to EDWARD DARKE, Secretary.

P. L. G.—For the teeth and gums use Dr. Pierre's Eau Dentifrice and Tooth Powder. The use of these preparations will arrest decay of the teeth. Brush the teeth and wash the mouth morning and night.

Alarmed Unit.—Look to your food; avoid all uncooked vegetables and fruits; exercise the utmost cleanliness of person, and use an injection of infusion of quassia, or one made by adding half an ounce tincture of the perchloride of iron to a pint of water.

W. L. Frame.—Lamplough's Pyretic Saline is certainly the best of the saline aperients in the market. Neither this nor any other aperient, however, is meant to be taken continually, as you appear to suppose. Your diet must assist and render the cure permanent.

Elliot K.—We advise you for the present to use night and morning an injection of Condy's Fluid and water (a teaspoonful of Condy added to a tumbler of tepid water), and avoid constipation. Take a dose of Lamplough's Pyretic Saline each morning, avoid all beer and alcohol, rest as much as possible, and let your food be largely of vegetable nature. Avoid pastry, salt foods, and other indigestible substances.

Tom Jones.—Your best plan is to obtain the Thilum direct from Mr. Bowden, 43, King William-street, London, E.C.

Ive Jessop.—If the roots are destroyed, there can of course be no hope of any new growth. Try smearing a little pure white vaseline on the eyelids at night regularly.

A. Reece.—We do not know where any such apparatus can be obtained, but if you applied to Messrs. Krohne and Sesemann, Duke-street, Manchester-square, London, W., they might be able to suggest something. Our own opinion is that it is merely matter of habit, which will produce the result you describe.

Cantatrice.—1. Very great relief can be obtained in bronchitis by the use of a Burroughs' Inhaler for Chloride of Ammonium. Apply to your druggist for one, or write direct to Messrs. Burroughs, Wellcome & Co., Snow-hill Buildings, London, E.C., for prices and full information. In such a case there is need for nutritive food, but injudicious stimulation by alcohol is hurtful. Why not get your medical man to try strophanthus as a heart tonic? Brand's Essence of Beef given cold in teaspoonfuls occasionally should be administered; while after food a little of Scott's Pure Cod Oil Emulsion should be tried. 2. Try the Soden Mineral Pastilles for the voice and throat, to be had from any druggist, and use the inhalation of Friar's Balsam (at bedtime) as recommended to "Weaver" in last week's Health.

Wottonia.—We advise you to try the Birley preparation. It is safe and reliable.

Sod.—The Pastilles may safely be tried. They are efficacious in promoting a healthy state of the mucous membrane of the throat.

W. E. Potter.—The pamphlet is the production of a well-known quack firm. You are perfectly right in your remarks that it is a suspicious element in a book when it insists that no cure can be accomplished save by the remedies it advocates.

Lilliput.—Follow the directions given to "Weaver" in Health of last week.

Carbon.—Rest will probably cure you; but you may also try painting the swelling with tincture of iodine daily, till the skin becomes tender. For the rest, live simply; and you do wisely in giving up alcohol entirely. The exertion of rowing probably tended to develop the swellings.

M. Maclachlan.—Try the remedy recommended to "Gospel Oak" in last week's Health. If not bettered, write again.

P. W.—See advice given to "Gospel Oak" in last week's number.

Williamson.—We advise you to try the effect of relinquishing tobacco altogether. There is such an ailment known as tobacco-giddiness, and this may occur even in veteran smokers. If this advice is ineffective, write again. A teaspoonful of Syrup of the Hypophosphites might also be taken by you, in a wineglass of water, twice daily, after meals.

Strath.—There is no need for you to be so depressed. Read the pamphlet, "A Lecture to Young Men" (post free for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and follow out the rules for health given in its pages. You will get quite well if you persevere with the hints given in the pamphlet. If we can be of further service, write again.

Hamilton.—Give the child Chemical Food—a teaspoonful in water, after his meals, for a time; and for the rest, prevent overwork (of which there appears certainly to be some danger), and give him plenty of fresh air and moderate exercise. A little of Scott's Pure Cod Liver Oil Emulsion with Hypophosphites might be tried.


## A COLONEL SAVED.

How a Member of Her Majesty's Service Escaped Destruction.

An all-wise Providence provides a climate in each quarter of the globe particularly suited to the inhabitants of that section, and a change from one to another usually causes disorders of the internal organism that must be carefully watched, else the result will be the contracting of a fatal disease. No worse change is made by an Englishman or Scotchman than to go from his native country to one like India, where the sun shines down with tropical heat for ten months in the year, and where every method of living is so entirely different from what has been the habit at home. It is then that the change is felt most, and aggravated forms of local diseases are the result. The liver and kidneys are the most sensitive organs to these sudden changes, and in them nearly all diseases have their origin. India being in reality a possession of ours, naturally many of our people have interests there, and are obliged to reside for many years in that country of enervating and debilitating climate. How many have returned home, after a few years' residence in the East, total wrecks of their former physical selves? How many, in fact, have returned only to be buried in the soil of their native lands? It is to these and their friends that we "bring glad tidings of great joy;" for one poor sufferer, after years of residence in India, coming home without health or hope, has been enabled to return, with his physical and mental powers restored, and with a knowledge of how to avoid future troubles of a similar character.

A reporter a few days ago called in at Mrs. J. B. Gillander's, View Place House, and during the course of conversation the case in point was referred to, and as it proved both interesting and valuable, we only deem it a duty to give the facts as much publicity as possible.

Lieut.-Col. J. W. Hindle of Her Majesty's service, stationed in India, came home in November, 1883, suffering from kidney and urinary diseases, thoroughly unfitted for service. Mrs. Gillander states that he remained in her house under physician's treatment until July, 1884, but that he received no benefit whatever; in fact, when they all went to the country, Col. Hindle was unable to walk, and had to be carried from place to place. The shampooing treatment was tried, with temporary relief, but no lasting benefit. She then advised him to try Warner's Safe Cure. After taking three bottles an improvement was noticeable in his condition. Continuing the treatment his improvement was so great that in July, 1885, he went before the Army Medical Examining Board, with the hope that he was sufficiently recovered to be allowed to rejoin his regiment. He failed to pass the examination, but had his leave of absence extended two years. He continued the use of the Safe Cure until January, 1887, when he again went before the Examining Board, passed, and at once left for India to join his regiment, six months before his leave of absence expired, taking with him a quantity of the Safe Cure, to use after his arrival. Col. Hindle told Mrs. Gillander that he believed he owed his life to the use of Warner's Safe Cure. Mrs. Gillander states that she herself has used the medicine for dyspepsia and general debility with the greatest benefit.

In substantiation of what is given above, the following letter from Col. Hindle is given. The Col. Hughes referred to is his old commander, now retired and living at Plymouth.

"32, Fountain Hall-road, Queen's Cross,
"Aberdeen, N.B.,
"*February* 2nd, 1887.

"Col. Hughes was so amazed at what he calls the 'marvellous cure' in my case, that he has promised to try Warner's Safe Cure himself. I mean to make everyone try it. I hear that General Rutherford, when he heard that I had passed the Medical Board, has been telling them all at the club here what a wonderful effect the Safe cure has had on me. I stood all my long journeys without the slightest fatigue. J. W. Hindle, Lieut.-Col."

The case of Col. Hindle is not an isolated one, although a severe and stubborn one; still, there are thousands of similar cases that have been cured by this medicine when the patient observed the directions strictly, as did the Colonel. The remedy can be had of all chemists at 4s. 6d. per bottle, or direct of the manufacturers, H. H. Warner & Co., 47, Farringdon-street, London, E.C.


G. O.—Read the pamphlet entitled "Hot Water as a Remedy," &c., describing Dr. Salisbury's treatment. The pamphlet is published by Messrs. Simpkin, Marshall & Co., London, price 4d. This *brochure* will give you all the information you seek, or will, at least, put you in the way of obtaining any additional details required.

E. Gilbert.—We only send address of physicians and surgeons on receipt of stamped addressed envelope. Send such, and we will forward the address you require.

ORION. — Try Bingley's Ginger Ale (Bingley, chemist, Northampton), and you will find it a pure, stimulating drink, and an admirable substitute for alcohol, which you would do well, considering your symptoms, to leave off altogether.

C. PARK.—The water requires filtration. Use a Howie's Filter (advertised in HEALTH), Hurlford, Kilmarnock, N.B.

H. B.—We certainly cannot approve of the views contained in the pamphlet, which we had seen before. Its ideas of treatment are, in our view, impracticable.

ALIQUIS.—The probability is you do not require tonics at all. Simply take care of your general health, and pay no attention to the matter you speak of. Possibly, from six to eight miles per day is sufficient walking exercise, but much depends on your occupation. If at any time a tonic is required, try Fer Bravais. A cold or tepid sponge bath each morning would do good.

B. KIPPAX.—Read the article in "Quain's Cyclopædia of Medicine." You will also find much information in Wilson's "Handbook of Hygiene" (Churchill), and in any manual on the practice of medicine. A very full account of epidemics will be found among the publications of the New Sydenham Society.

G. ROSE.—It appears to us that you are tampering with a variety of drugs, a practice which is decidedly against your recovering health. Live simply, and note the diet-hints given to "Barkly," in HEALTH, No. 242. If you suffer from chill, you should clothe warmly in winter in the woollen underclothing made by Messrs. Ward, of Bradford. Look to the ventilation of your bedroom, and take a teaspoonful of Syrup of the Hypophosphites in a wineglass of water, after your meals, twice daily, for a time, if it agrees with you.

TINTO.—Read the pamphlet, "A Lecture to Young Men," post free for 1s. 1d. from Mr. Renshaw, 356, Strand, London, W.C., and you will find your mind relieved by its perusal. Follow out the diet-hints it gives, and beware of quacks.

BEN TROVATO.—You can surely alter your food-habits in some degree. Give up tea and coffee, and take Grant's Oat Flour instead—this may aid your cure. Persevere with the Lanolin. We advise you to wash the face with a little white wine (*e.g.*, hock) for the cure of greasiness, and hot baths should be taken occasionally. The Lanolin could not cause the redness to extend; but you may find a little pure white vaseline equally beneficial. See that you rest after your meals regularly.

R. ALSTON.—Use Bayley's Spermaceti Soap for the face (17, Cockspur-street, Pall-Mall, S.W.), and avoid chills.

C. P. P.—1. Twyford's "Unitas" type of closet is that we recommend. It is simple, cleanly, and not liable to derangement. 2. Sanitas Fluid and the Powder should be used.

FRANCIS SMART.—Press out the blackheads, and sponge the skin thereafter with Bayley's Lavender Water (17, Cockspur-street, Pall-Mall, London, S.W.); take hot baths occasionally, and use Wilson's Friction Gloves and Towels.

M. F. F.—1. See advertisement in HEALTH of Howie's Filter. 2. Nearly double.

A. PRATT.—1. Try Bayley's remedies—the Pyrmont Tablets and Ointment. These are effective remedies. 2. Cascara Cordial, twenty drops, twice daily, between meals.


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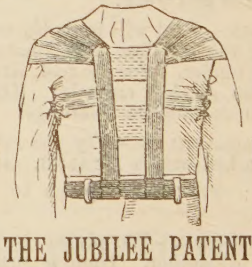
From  or Suspenders.
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